Seneca Valley Fall Try-outs Schedule

These are the approximate times of each fall team’s practices each day. Times are subject to change—please refer to www.svhsathletics.org for any updates.

### Varsity Football and JV football - Gunners Park

**August 13th** – Equipment Hand Out – 12:00-3 pm

**August 14th** - **15th** – Helmets Only –
- 1:45 – 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00 – Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30 – Practice at Gunner Park
- 5:30 – Return to SV

**August 16th, 17th, 19th** – Helmet and Shoulder Pads (Shell)
- 1:45 – 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00 – Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30 – Practice at Gunner Park
- 5:30 – Return to SV

**August 20th, 22nd** – Full Pads – Double Day
- Arrive at 9:45
- Depart for Gunner Park at 10:15
- Practice 10:30–12:30
- Return to SV – Eat Lunch, Relax and watch film
- 3:15 – Prepare for practice
- Depart for Gunner Park at 3:30
- Practice 3:45 – 5:30
- Return to SV

**August 21st** – Shell
- 1:45 – 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00 – Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30 – Practice at Gunner Park
- 5:30 – Return to SV

**August 23rd** – Scrimmage at Springbrook (BCC and Crossland) – 10AM

**August 24th** – Film/Weight Room – 8:00 AM – 10:30 AM

**August 26-29th** – Full Pads
- 2:30 – 2:45 – Attendance/Informational Meeting
- 2:45–3:00– Prepare for Practice
- 3:00– Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

**August 30th** – Scrimmage at Paint Branch – 6 PM

**August 31st** – Team Meeting, Weight Lifting and Film Session
- Arrive at 8:30
- Depart at 10:30

**Starting Sept 3rd**
- 2:30 – 2:45 – Attendance/Informational Meeting
- 2:45–3:00– Prepare for Practice
- 3:00– Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

**Saturdays** - Team Meeting, Weight Lifting and Film Session
- Arrive at 8:30
- Depart at 10:30
Cross Country
August 14th practice 8-10am SVHS small gym
August 15th, 19th, 21st, and 23rd: practice 8-10am SVHS next to the auditorium entrance to SVHS
August 16 Meet at Fleet Feet in Gaithersburg- 8 AM for Fleet Feet Cross Country day/ practice and festivities
August 20th, 22nd: practice 8-10am Meet at Black Hills Regional Park parking lot A
August 26-30 practice 3:15pm-5:15pm SVHS
Starting September 3rd- 3:15 pm- 5:15 pm SVHS

Volleyball-Varsity –JV
August 14th-15th, 20th-22nd, 27-29th- 2019 -Practice at 5 to 7pm (main/small gym)
Starting Sept 3rd- Mon-Thur- 3-5 pm; Friday 230-4

Poms
August 14th -15th-2-5- Main Gym
August 16th- 130-430- Main gym
August 17th Try-outs 10-1- Auxiliary Gym and Main Gym if possible
August 19th-23rd , 26th-30th- 3:00-6:00-TBD
Starting Sept 3rd- Tuesday & Thur- 5-7; Monday, Wed, Friday- 3-5- TBD

Varsity and JV Cheerleading
August 14th-15th, 5-8 pm- Main Gym- Clinics
Tryouts: Friday, August 16th 5-8 pm- Main gym
August 17th- 9-11 am- Main Gym
August 19th-22nd, 26th-29th, 4-7 pm- TBD
Starting September 3rd - Mon-Thur- 4-6 pm-TBD

Field Hockey-JV and Varsity- Clemente Middle School
August 14th-16th, 19th-23rd; 26th-30th- 330-630- Clemente
Starting September 3rd- 330-530-clemente

Girls Soccer Varsity and JV- Martin Luther King Middle School
August 14th-16th, 19th-23rd; 26th-30th- 330-6 pm- MLK
Starting September 3rd- Mon-Fri-330-530-MLK

Boys Soccer Varsity and JV- Gunners Park
August 14th-16th, 19th-23rd; 26th-30th 3-6 pm-Gunners
Starting September 3rd- Mon-Fri-3-5:15-Gunners

Golf
August 19th- 3 pm- Rattlewood Golf Course- if you are planning on attending- make sure to contact Coach Duley
August 20th- 3 pm- Laytonsville Golf Course- if you are planning on attending-make sure to contact Coach Duley
August 21st- 2 pm- Rattlewood Golf Course- if you are planning on attending-make sure to contact Coach Duley
August 22nd- 2 pm- Rattlewood Golf Course- if you are planning on attending-make sure to contact Coach Duley
Practice Schedule will range after teams are set

Handball
Monday, Wed and Thursdays- starting 2nd week of School- 245-430- Aux Gym